

## **PATIENTS INFORMATION**

### **for Hydrogen Breath Tests (HBT)**

### **on Lactose - Fructose - Sorbitol - Glucose**

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#### **General Information:**

The breath test lasts up to 3 hours. There should be an interval of approx. 1 week between different breath tests to avoid falsification of the test results!

If you experience any symptoms during the examination, such as nausea, abdominal pain, flatulence or diarrhoea, please inform the phlebotomist who is testing you.

#### **PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS FOR PREPARATION!**

##### **The day before the examination:**

- no bloating foods
- no wholemeal products, no muesli
- no pulses, no cabbages
- no nuts
- no fruit, no compotes, jams and dried fruit
- no alcohol, no carbonated drinks, no fruit and vegetable juices
- no dairy products
- no salads

**14 hours before the examination: start fasting**

**12 hours before examination: drink no liquids other than water,  
do not consume nicotine or chewing gum**

##### **On the day of the investigation:**

- do not use toothpaste when brushing your teeth
- no denture adhesives
- come to the lab fasting
- no increased physical activity
- no food or fluid intake during the test period
- absolute smoking ban

##### **Further applies:**

- Laxative: stop three days before examination
- antibiotic therapy, colonoscopy or X-ray intestinal examinations: should have been performed 4 weeks ago
- Common colds: should be about gone 1 week ago
- Intestinal infections: should be gone 4 weeks ago

**The examinations are not covered by health insurance.**

**Our staff will be happy to inform you about the costs for the test beforehand.**